

Good Times Senior



Celebrating May

Family Month

Arthritis Awareness Month

Personal History Month

LAW Day

May 3

Walking Program Kick-Off

May 4

Mother's Day

May 8

International Nurses Day

May 12

New Friends, Old Friends Week

May 15–21

GARDEN PARTY

May 25

Memorial Day

May 30

Cultivating Wildlife


It does not matter whether you have an apartment balcony, a backyard, a 10-acre farm, or a business park, anyone can transform their green space into a sanctuary for wildlife. May is perfectly situated as Garden for Wildlife Month. Flowers and trees have burst into bloom. Many animals have begun to raise their young. A wildlife-friendly garden can be the perfect nursery for animals living in residential or commercial areas.

According to the National Wildlife Federation, a wildlife garden contains five essential components. A food source is paramount. Provide food by planting native plants that produce seeds, berries, fruit, or nectar. These plants will attract birds, butterflies, rabbits, and other wildlife to your yard. Water is also important. A birdbath provides a large “puddle” where birds can drink, bathe, and cool themselves. If you are lucky, perhaps a pond or stream runs through your property. If not, you could provide running water by way of a fountain. In addition to ample food and water, wildlife needs cover to hide, rest, or withstand the elements. Thickets, logs, or brush and rock piles offer plenty of hidden nooks and crannies. Animals also need places to raise their young. Dense shrubs, trees, ponds, birdhouses, roosting boxes, and bat boxes can provide both nurseries and year-round homes for wildlife.

Perhaps the most important element of a wildlife garden is native vegetation. Plant only flowers, shrubs, and trees typically found in your region, for these are the exact types of plants that many birds, insects, and animals use for food and shelter. Also, a native wildlife garden will sustain itself. There will be no need for chemical fertilizers or pesticides. Proud wildlife gardeners do not have to be shy about their accomplishments—contact the National Wildlife Federation (www.nwf.org) to request a special sign that identifies your garden as a Certified Wildlife Habitat.

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

1 2016 Theme "Blaze a Trail" Older Americans Month May Day	2 CENTER CLOSED	3 9:00 Strength Tr LAW DAY 11:00 – 1:00 11:45 Today's News 1:00 Craft Project	4 9:30 Card Games KICK-OFF "Walk Across Brunswick" 12:45 Bingo	5 9:00 Strength Tr 10:00 Wii 10:15 Card Games 11:00 Library 12:00 Taco in a bag 12:30 Wal-Mart Shopping <small>Inicio de Mayo</small>	6 9:30 Donuts & Coffee 10:00 Card Games 11:15 Chair YOGA 1:00 Groceries For Seniors at DOA	7 Department of Aging trips for MAY: 5/6 – Flower- Mart Baltimore, MD 5/13 –National Civil War Museum Harrisburg, PA For reservations or more details about trips please see trip flyer or call for more details
8 HAPPY MOTHER'S DAY	9 CENTER CLOSED	10 9:00 Strength Tr. 10:00 – 2:00 Visit Emmitsburg Senior Center & National Fire Academy 5:30 Card Party	11 10:30 Nurse STEVE Blood Pressure Screening & discussion-"Are these symptoms serious?" 12:45 BINGO	12 9:00 Strength Tr 10:00 Wii 10:15 Card Games 11:00 Library 12:00 Celebrate May Birthdays 1:00 Local Shopping	13 9:30 Coffee Cake & Coffee 10:00 Card Games 11:15 Chair YOGA 1:00 Wheel of Fortune	14 Civil War Museum Harrisburg, PA For reservations or more details about trips please see trip flyer or call for more details
15 Mother's Day	16 CENTER CLOSED	17 9:00 Strength Tr 10:00 Rummy 10:00 Wii Bowling 11:30 Church Lunch 12:00 Puzzles	18 11:00 Lunch Out with Friends	19 9:00 Strength Tr 10:00 Wii 11:00 Library 11:45 Trivia 1:00 Local Shop	20 10:00 Card Games 11:15 Chair YOGA 1:00 Coloring Pages	21 Armed Forces Day
22	23 CENTER CLOSED	24 9:00 Strength Tr. 11:00 Fred Bailess Mental Health 1:30 Tour the Brunswick Library 5:30 Card Party	25 Garden Party Hosted by Urbana Senior Center 10:00 – 2:00	26 9:00 Strength Tr 10:00 Wii 10:15 Card Games 11:00 Library 11:45 Trivia 1:00 Local Shopping	27 9:30 Donuts & coffee 10:00 Card Games 10 :30 Mobile I & A 11:15 Chair YOGA 1:00 Dice Game	28
29 Brunswick Senior Center "Where the finest people meet"	30 CENTER &County Offices CLOSED <small>Memorial Day</small>	31 9:00 Strength Tr 10:00 Rummy 10:00 Wii Bowling 11:45 Nutrition Minute 12:00 Puzzles	<div>  <h1>May 2016</h1> <h2>Brunswick Senior Center</h2> </div>			

Monday	Tuesday	Wednesday	Thursday	Friday
CENTER CLOSED	2 BBQ Chicken Sandwich on a Roll Cole Slaw Diced Peaches	3 Split Pea Soup Tuna Salad Sandwich Lettuce & Tomato Wheat Bread Potato Salad Applesauce	4 Beef Eye Round w/Gravy Baby Whole Potatoes Baby Carrots Cole Slaw Dinner Roll Fresh Melon Brownie w/Topping	6 Swiss Cheeseburger on Hamburger Roll Baked Beans Cole Slaw Cinnamon Apples
CENTER CLOSED	9 Multi Bean Soup Curried Chicken Salad Sandwich on Rye Bread Lettuce & Tomato Pickled Beets Pineapple Tidbits	10 Beef Hot Dog Hot Dog Roll Midwestern Baked Beans Applesauce	11 Roast Beef Sliced Onion Kaiser Roll Potato Salad Cole Slaw Fruit Cocktail	13 Navy Bean Soup Turkey & Swiss Cheese on Rye Bread Potato Salad Diced Pears
CENTER CLOSED	16 Pork Calvados Sauerkraut Whole Wheat Roll Fruit Cocktail	17 Meatloaf with Gravy Mashed Potatoes Diced Peaches Dinner Roll	18 Ham & Egg Salad Lettuce & Tomato Wheat Bread Baked Beans Mandarin Oranges	20 Roast Turkey w/Gravy Sweet Potatoes Pickled Beets Dinner Roll Tropical Fruit
CENTER CLOSED	23 Baked Potato Tossed Salad with Ranch Dressing Chili con Carne Shredded Cheddar Applesauce Wheat Bread	24 URBANA SENIOR CENTER PICNIC	25 Chicken Stew with Peas & Carrots Corn Muffin Cinnamon Apples	27 Cheeseburger on Roll Baked Beans Cole Slaw Fruit
MEMORIAL DAY HOLIDAY CENTER CLOSED	30 Multi Bean Soup Chicken Salad Sub Lettuce & Tomato Club Roll Diced Peaches	31	 <h1>MAY 2016</h1>  <p>Please call the senior center coordinator or meal manager 48 hours in advance to reserve a meal.</p>	

Menus subject to change~

~Milk and Juice are served with every meal~



Highlights

LAW DAY

Tuesday May 3 11:00—1:00

Free Advanced Directives with lawyer, schedule your appointment now.

WALKING PROGRAM

Kick-off Wednesday May 4

Stop by and get your **“Passport”** and let's get walking!!!

CRAFT PROJECT

Friday May 6

1:00 - Quilted Placemat, choose your colors and sew it up. No sewing experience required.

SHOPPING

Wal-Mart-Special Day!

Thursday May 5 - 1:00 pm

Transportation \$5.00

Charlestown, WV

Local Dollar Store

Thursdays—1:00 pm

Transportation \$2.00

TRIP

Tuesday May 10-Emmitsburg

10:00-2:00 Visit the National Fire Academy

CARD PARTY

Tuesday May 10

5:30 – PIZZA - \$3.00 per person

Tuesday May 24

5:30 - Grilled Hot Dogs w/toppings

BINGO

Tuesday May 17

5:00 - Fried Chicken dinner - \$3.00

HEALTH

ASK NURSE STEVE

Wednesday May 11

10:30 Nurse Steve “Why is it important that I stay active as I age?”

A discussion on the importance of being active to remain healthy.

Tuesday May 24

11:00 Mental Health discussion with Fred Bailess

LUNCH OUT

Tuesday May 17 - 11:30 Church Lunch

Wednesday May 18 - Lunch out with Friends

CELEBRATE JUNE BIRTHDAYS

Thursday May 12– 12:00 Noon

Join us for lunch and stay for cake and ice cream

GARDEN PARTY

Wednesday May 25– URBANA SC

10:00 - 2:00 Reservations required no later than May 18, transportation available, please sign up.

MOBILE Information & Assistance

Friday May 27

10:30—12:00

Call to schedule appointment, or drop by with concerns or questions.

MEMORIAL DAY HOLIDAY

Monday May 30

All centers and county offices closed

OLDER AMERICANS MONTH



BLAZE A TRAIL: MAY 2016

Older Americans Month is an annual event dating back to 1963, when President John F. Kennedy designated May as Senior Citizens Month. It was later renamed Older Americans Month, honoring older Americans and celebrating their contributions to our communities and our nation.

This year's theme is "Blaze a Trail," acknowledging the perennial contributions of older adults to our nation and celebrating how older adults take charge of their health, get engaged in their communities, and make a positive impact in the lives of others.

Coming soon to a Senior Center near you Department of Aging sponsored walking group. Wednesday May 4th is the official kick-off. Sign-up, join in or take charge!

“Walk Across Maryland”

If your income is below \$1,437*/month and one or more of these statements were TRUE for you in the last month...

1. The food I bought just didn't last and I didn't have money to buy more.
2. I couldn't afford to eat nutritious or balanced meals.
3. I cut the size of my meals to stretch my groceries.
4. I skipped meals because I couldn't afford to buy food.
5. I sometimes ate less food than I should because I didn't have enough.
6. I was hungry but didn't eat because I couldn't afford to buy food.

...Then you are eligible for

Groceries for Seniors

(A monthly free distribution of canned goods, shelf stable products and seasonal produce when available)



Friday, May 6, 2016

1pm

Frederick Senior Center
Drive-Thru

please bring photo id to register

1440 Taney Avenue, Frederick, MD
www.FrederickCountyMD.gov/Aging
or 301.600.3523 for info

*For one person household. Add \$503/person for each additional household member.



A Partnership of Frederick County Department of Aging, Western Maryland Food Bank and Seed of Life, Inc.

Be Prepared for Summer Storms!

It is important to be prepared in the event that you are homebound by storm damage, power outages or another emergency. The following is a list of items we recommend you keep in a plastic bin with a tight fitting lid, a suitcase, or other secure container. Store the container in an easy to reach location like a hall closet or kitchen cabinet.

1. A working can opener (should be battery or hand operated in case the power goes out).
2. A working portable radio with fresh batteries (and a package of spares) tuned to a local radio station for information.
3. A working flashlight and extra batteries. It's always a good idea to have a flashlight on each level of your home and in each room you use frequently.
4. An extra set of clothes. Comfortable, light weight shirt & pants or skirt, a pair of socks, sturdy shoes, and a sweater or rain jacket will help keep you warm and dry.
5. A light weight blanket.
6. A list of phone numbers of family members, doctor, pharmacy, power company, heating supplier, apartment manager or landlord if appropriate and any other important numbers you may need quickly.
7. A charged cell phone to make an emergency call (**911**). This cell phone does not need to have service to be used for emergency calls. You may receive a free phone for emergency calls only, from the Department of Aging. Call 301.600.1604 for more information.
8. If you need assistance with obtaining food, home heating or cooling, or other services, contact the Department of Aging at 301.600.1604.

During severe weather conditions, you should keep a supply of food on hand for emergencies. We recommend the following easy to open and prepare foods that can be eaten without cooking if the power is off. Many of these items come with pull off tops and as individual servings. While somewhat more expensive, they provide variety, convenience, and are easy to use.

- ☐ Canned, bottled, or boxes of 100% juice
- ☐ Canned or instant soups, stews, and casseroles
- ☐ Canned meat and fish (tuna, ham, chicken)
- ☐ Canned, powdered or shelf stable cartons of Milk
- ☐ Canned fruits and vegetables
- ☐ Ready to serve puddings
- ☐ Instant or ready to eat cereals
- ☐ Dried fruits (raisins, prunes, apricots, apples)
- ☐ Peanut butter and jam or jelly
- ☐ Crackers, rice cakes or bread sticks
- ☐ Granola bars or other snack bars
- ☐ Instant coffee, tea, lemonade or other beverage mixes
- ☐ Bottled water (You may purchase bottled water, or fill clean containers from the tap. One gallon per person per day is recommended)
- ☐ A seven day supply of medications and other health supplies
- ☐ If you have a pet, keep a one-week supply of food, water and any pet medications on hand

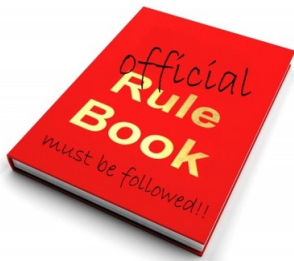
All Wheels Welcome

As the weather warms in May, cyclists of both the motor and pedal variety feel the call of the open road. As a response to this urge to cycle, many religious institutions hold a Blessing of the Bikes ceremony. In massive cathedrals like New York City's St. John the Divine, pews and aisles are packed with bikers and spandex-clad cyclists of all religious

denominations, while the local priest showers attendees with holy water and prayers for a safe and fun bicycling season. Since 1972, the Blessing of the Bikes has become a ritual each May in Baldwin, Michigan. Up to 10,000 motorcyclists and bicyclists congregate at the Baldwin airport for a blessing ceremony. Some churches have added a new twist, inviting wheelchairs, strollers, and skateboards for a Blessing of the Wheels.



Rules of Order



Henry Martyn Robert was born on May 2, 1837, and went on to build a distinguished military career, earning the rank of brigadier general in the American Army's Corps of Engineers. But where Robert really earned his fame was in the writing of the book *Robert's Rules of Order*. This pocket manual was a guide for running and organizing large meetings, especially when the involved parties didn't see eye to eye. His inspiration for the book came from his personal failure at moderating a church meeting. Robert resolved to never lead another meeting until he worked out a fair set of procedures. To this day, alumni organizations, charities, condo associations, school boards, trade unions, sports leagues, corporations, and even family reunions have relied on Robert's Rules to keep things civil.

Slow Food

Some recoil at the thought of eating snails, or *escargot*, as they are called in French. Others consider snails sauteed in garlic, butter, and herbs to be a delicacy. If you haven't yet tried them, perhaps May 24, Escargot Day, is your chance. Humans have been eating snails for over 30,000 years. Snail shells discovered in Stone Age-era settlements in Spain even showed how they were cooked: roasted in their shells over charcoals made of pine and juniper. These days, the best snails for eating are wild Burgundy snails, renowned for their grassy-buttery flavor and exceptional nutritional value. Toss them with pasta, skewer them on kebabs, or sweeten them for dessert to join the ranks of those who have eaten escargot.



Turn Down the Volume

Many of us might not like to admit that we are constantly turning up the TV volume. However, over a lifetime of listening, our hearing begins to deteriorate. As we age, the tiny hairs in our inner ears that pick up sound vibrations begin to break down. The louder the noise, the more violent the assault on these hair cells and the more severe the degradation. On May 31, turn down the television, radio, or headphones playing music from your smartphone—it is Save Your Hearing Day.



How loud is too loud? The World Health Organization suggests that a person could listen to music played at 80 decibels all day without negative effect. However, when that level is over 85 decibels, which is roughly equivalent to the beep of a microwave, the noise should be limited to less than an hour. When volume is cranked up to 105 decibels, or the sound of a chainsaw, it should be limited to only four minutes. So on a positive note, you can still listen to your favorite music or TV program at very loud levels, but you should do so for only a few minutes at a time.

Experts think that one of the best ways to save our hearing is to protect our ears. Professions that require the use of loud equipment often require the use of earplugs or earmuffs. The same advice applies to those engaging in loud recreational activities such as riding a motorcycle or hunting. For those who find themselves in loud places such as an airplane or crowded train, noise-cancelling headphones often help make the loud environment more comfortable and tolerable.

It turns out that the best medicine for our ears is to give them a rest. It is recommended that it takes 16 hours of quiet rest to counter two hours of 100-decibel sound, such as a rock concert. Perhaps the best way to celebrate Save Your Hearing Day is simply to hit the mute button.



Tennis, Anyone?

While May has earned the nickname Tennis Month, tennis has earned the nickname “the sport for a lifetime.” Dr. Jack Groppe, health expert in fitness and nutrition, calls tennis the most healthful sport due to its wide-ranging health benefits for players of all ages.

Tennis not only provides a vigorous physical workout, but scientists at the University of Illinois believe that it exercises the brain as well. Tennis requires such a high level of alertness and tactical thinking that, regardless of age, playing the sport prompts our brains to grow new nerve connections. Furthermore, researchers at Southern Connecticut State University have discovered that tennis players score higher in tests measuring vigor, optimism, and self-esteem than athletes playing other sports. There's only one catch: in order to reap these many benefits, you have to start playing tennis now. So this May, grab a racket and a tennis ball, and put your mind and body to work.

Celebrating Armed Forces Day



Prior to 1950, celebratory military days were split into three separate holidays: Air Force Day, Army Day, and Navy Day. In August of 1949, Secretary of Defense Louis Johnson announced the combination of these three days into one celebration.

The first Armed Forces Day was held May 20, 1950, and has been held annually ever since. The third Saturday of May every year is a day when Americans can come together to honor the men and women who are actively serving in our military.

Armed Forces Day is often overlooked or confused with other military holidays. What's the difference between Armed Forces Day, Memorial Day, and Veterans Day? Armed Forces Day honors all those men and women currently serving in the military. Memorial Day honors those who have died in the service of their country, whereas Veterans Day honors

Facts:

May 21, 2016 - Armed Forces Day. It is celebrated each year on the third Saturday in May

Timeline:

July 26, 1946 - President Harry S. Truman signs the National Security Act into law, unifying "four branches of the military under a single executive authority, the Secretary of Defense". The decision to unify the different services under one Department leads to the creation of the National Military Establishment in 1947.

1949 - The Department of Defense is created replacing the National Military Establishment

August 31, 1949 - Secretary of Defense Louis Johnson announces the creation of an Armed Forces Day to replace current several Army, Navy, Marine Corps and Air Force holidays.

February 27, 1950 - President Truman proclaims "Armed Forces Day, Saturday, May 20, 1950, marks the first combined demonstration by America's defense team of its progress, under the National Security Act, towards the goal of readiness for any eventuality. It is the first parade of preparedness by the unified forces of our land, sea, and air defense."

May 20, 1950 - Armed Forces Day is first celebrated.

- Daily observances and festivities take place nationwide starting a week before the holiday.
- B-36 bombers fly over the capitals of every state.
- 10,000 troops and veterans march in Washington, D.C.
- More than 36,000 participants in a parade in New York City.
- Parades, air shows, receptions, and other celebrations also take place.

Motherly Humor!

Not every woman is a mother, so if you celebrate Mother's Day with a special party for mothers, some women might feel left out. Instead, plan a fun humor activity and discussion for EVERYONE—even the men. Below are some funny jokes and thoughts on mothers and motherhood to share with your group.



White hair is no joking matter!

One day, a little girl is sitting and watching her mother do the dishes at the kitchen sink. She Suddenly notices that her mother has several strands of white hair sticking out in contrast to her brunette hair. She looks at her mother and inquisitively asks, "Why are some of your hairs white, Mom?"

Her mother replied, "Well, every time you do something wrong and make me cry or unhappy, one of my hairs turns white." The little girl thought about this revelation for a while and then asked, "Momma, how come all of grandma's hairs are white?"

How do you know you're a mom? You know you're a mom when...

- You stop criticizing the way your mother raised you.
- You automatically double-knot everything you tie.
- You spend an entire week wearing sweats.
- You have time to shave only one leg at a time.
- Your feet stick to the kitchen floor, and you don't care.
- You can't find your cordless phone, so you ask a friend to call you, and you run around the house madly, following the sound until you locate the phone downstairs in the laundry basket.
- You serve peanut butter and jelly sandwiches at least once a day.
- Popsicles become a food staple.
- You buy cereal with marshmallows in it.
- The closest you get to gourmet cooking is making Rice Krispies bars.
- You hope ketchup is a vegetable, since it's the only one your child eats.
- You count the sprinkles on each kid's cupcake to make sure they're equal.
- You've mastered the art of placing large quantities of pancakes and eggs on a plate without anything touching.
- Your favorite television show is a cartoon.
- You weep through the scene in *Dumbo* when his mom is taken away, not to mention what *Bambi* does to you.
- You're so desperate for adult conversation that you strike up a conversation with the telemarketer, and HE hangs up on YOU!

What some famous mothers might have said:

Mary, Mary, Quite Contrary's mother: "I don't mind you having a garden, Mary, but does it have to be growing under your bed?"

Mona Lisa's mother: "After all that money your father and I spent on braces, Mona, that's the biggest smile you can give us?"

Humpty Dumpty's mother: "Humpty, if I've told you once, I've told you a hundred times not to sit on that wall. But would you listen to me? Noooo!"

Little Miss Muffet's mother: "Well, all I've got to say is if you don't get off your tuffet and start cleaning your room, there'll be a lot more spiders around here!"

Mary's mother: "I'm not upset that your lamb followed you to school, Mary, but I would like to know how he got a better grade than you."

Goldilocks's mother: "I've got a bill here for a busted chair from the Bear family. You know anything about this, Goldie?"

Columbus's mother: "I don't care what you've discovered, Christopher. You still could have written!"

Albert Einstein's mother: "But, Albert, it's your senior picture. Can't you do something about your hair? Styling gel, mousse, something...?"

Thomas Edison's mother: "Of course I'm proud that you invented the electric lightbulb, Thomas. Now turn off that light and get to bed!"

Babe Ruth's mother: "Babe, how many times have I told you to quit playing ball in the house! That's the third broken window this week!"

Michelangelo's mother: "Mike, can't you paint on walls like other children? Do you have any idea how hard it is to get that stuff off the ceiling?"

Napoleon's mother: "All right, Napoleon. If you aren't hiding your report card inside your jacket, then take your hand out of there and prove it!"

Abraham Lincoln's mother: "Again with the stovepipe hat, Abe? Can't you just wear a baseball cap like the other kids?"

George Washington's mother: "The next time I catch you throwing money across the Potomac, you can kiss your allowance good-bye!"

Custer's mother: "Now, George, remember what I told you—don't go biting off more than you can chew!"

Paul Revere's mother: "I don't care where you think you have to go, young man. Midnight is past your curfew!"

Batman's mother: "It's a nice car, Bruce, but do you realize how much the insurance is going to be?"

Superman's mother: "Clark, your father and I have discussed it, and we've decided you can have your own telephone line. Now will you quit spending so much time in all those phone booths?"

A mother's dictionary:

Alarm clock: A device for awakening people who don't have small children.

Dumbwaiter: One who asks if the kids would care to order dessert.

Family planning: The art of spacing your children the proper distance apart to keep you from the edge of financial disaster.

Feedback: The inevitable result when your baby doesn't appreciate the strained carrots.

Full name: What you call your child when you're mad at him.

Grandparents: The people who think your children are wonderful even though they're sure you're not raising them right.

Hearsay: What toddlers do when anyone mutters a dirty word.

Independent: How we want our children to be as long as they do everything we say.

Ouch: The first word spoken by children with older siblings.

Parents: People who bear infants, bore teenagers, and board newlyweds.

Puddle: A small body of water that draws other small bodies wearing dry shoes into it.

Show-off: A child who is more talented than yours.

Sterilize: What you do to your first baby's pacifier by boiling it and to your last baby's pacifier by blowing on it.

Top bunk: Where you should never put a child wearing Superman pajamas.

Two-minute warning: When the baby's face turns red and she begins to make those familiar grunting noises.

Verbalize: Able to whine in words.

Whodunit: None of the kids who live in your house.

Weekend: When dad gets to play golf while mom catches up on the laundry, cleans the house, and runs errands.



Cathy Barnes
cbarnes@frederickcountymd.gov
Senior Centers Without Walls
1440 Taney Avenue
Frederick, MD 21702
301-600-1605-available
Mondays only

1. If motherhood were going to be easy, it never would have started with something called labor!
2. Shouting to make your children obey is like using the horn to steer your car. And you get about the same results.
3. The smartest advice on raising children is to enjoy them while they are still on your side.
4. Avenge yourself—live long enough to be a problem to your children.
5. The best way to keep kids at home is to make the home a pleasant atmosphere—and to let the air out of the tires.
6. Life's golden age is when the kids are too old to need babysitters and too young to borrow the family car.
7. You will save yourself a lot of grief if you think of a curfew as just a general time to shoot for.
8. There are three ways to get something done: do it yourself, hire someone to do it, or forbid your children to do it.
9. Cleaning your house while your kids are at home is like trying to shovel the driveway during a snowstorm.
10. The hardest people to convince they're at the retirement age are children at bedtime.
11. There are only two things a child will share willingly: communicable diseases and his mother's age.
12. The only people in this world who are always sure about the proper way to raise children are those who never had any.

Fit the list of words into the puzzle.

- MAY
- MOM
- HUGS
- LOVE
- CANDY
- GIFTS
- HONOR
- CARING
- FAMILY
- MOTHER
- BOUQUET
- NURTURE
- SPECIAL
- CHILDREN
- BREAKFAST
- CARNATION





Salad Days

Most everyone agrees that a salad is a healthy meal choice. What better way to get a daily dose of raw and delicious food abundant in vitamins and minerals into your diet? It may be hard to believe that building a healthy salad is harder than it looks. This May, Salad Month, expert nutrition consultant and certified sports dietician Cynthia Sass helps us mix the perfect salad.

The first salad mistake that Sass often notices is that people use too many veggies and not enough protein. Well-balanced salads require protein, because bodies require protein for tissue maintenance and healing. Lean meats like chicken or fish are good additions, but plant-based proteins like lentils or beans, and dairy proteins like cheeses or hard-boiled eggs are excellent choices.

Yes, even salads need fat. Like protein, fat is an important building block for our bodies, aiding our skin, brains, and cell membranes. Healthy fats include things like nuts, olives, and avocados. Also, including olive oil in salad dressing is an easy way to add a dose of healthy fat.

The most important part of any salad is vegetables. The most important rule of adding veggies to a salad is variety, and the easiest way to create variety is to add many different colors! Field greens, red tomatoes, purple cabbage, orange carrots, yellow peppers...a colorful palette of veggies will boost your intake of essential nutrients.

Those with a green thumb can grow many vegetables right in their home gardens. Leaf lettuce is very easy to grow, and so are cucumbers and radishes. Tomatoes are another garden favorite. Gardens aren't only for veggies, though—for a larger variety of goodies to toss into your salad, grow melons, herbs, and corn, too. This way you can enjoy a complete, farm-fresh salad from your own backyard

Easy Cucumber Cups

A diabetic-friendly recipe

Ingredients:

- 1 (8-ounce) package cream cheese, room temperature
- 1 (16-ounce) container sour cream
- 2 tablespoons dill weed
- 1 tablespoon onion flakes
- 1 1/2 teaspoons celery salt
- 4 or 5 long cucumbers, peeled



Directions

1. Combine cream cheese, sour cream, dill weed, onion flakes, and celery salt in medium bowl. Cover and chill for one hour.
2. Cut cucumbers into 1-inch-thick rounds.
3. Scoop out a bit of pulp from the center of each round, leaving one half of the remaining center to create a cup.
4. Fill each cucumber cup with equal amounts of the cream cheese mixture.

Makes about 44 cups

To make a recipe card, print on card stock paper. Cut out along dotted lines. Glue the front and back of the card together.

This publication is a resource produced and distributed by the Frederick County Department of Aging. For additional information about this or other programs and services, visit the website at www.FrederickCountyMD.gov/Aging or contact the FCDoA at 1440 Taney Avenue, Frederick, MD 21702, phone 301.600.1605, or email DeptOfAging@FrederickCountyMD.gov.

DIETARY CHOLESTEROL

ARE YOU UP-TO-DATE ON THE LATEST RECOMMENDATIONS?

Eggs were once avoided and criticized for their cholesterol content. However, government and health organizations have revised their dietary cholesterol recommendations.

The 2015 Dietary Guidelines for Americans place no daily limit on dietary cholesterol intake.

“A few foods, notably egg yolks and some shellfish, are higher in dietary cholesterol but not saturated fats. Eggs and shellfish can be consumed along with a variety of other choices within and across the subgroup recommendations of the protein foods group.”

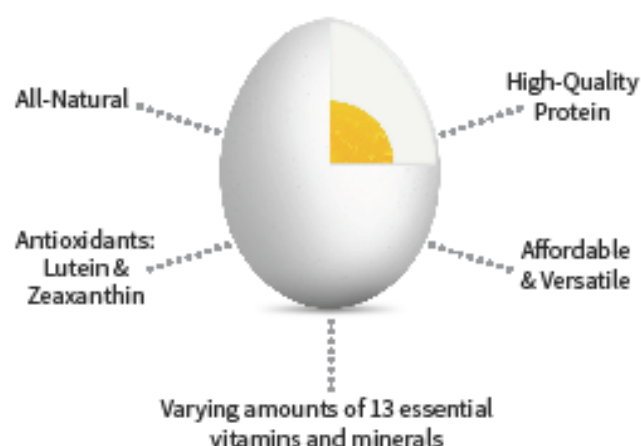


The totality of scientific research has shown no or little effect between dietary cholesterol and cardiac outcomes or markers of heart disease risk in healthy people. Other dietary factors, such as saturated fat and trans fat, have been shown to be more detrimental to heart disease risk.



Many other countries and expert groups like the American Heart Association and the American College of Cardiology do not have an upper limit for cholesterol intake in their dietary guidelines.

EGGS ARE A NUTRITION POWERHOUSE



All for 70 calories in a large egg!

For more cholesterol research & egg nutrition information visit,
www.eggnutritioncenter.org

Egg Nutrition Center
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eggnutritioncenter.org

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Balloon Tennis

Enjoy an indoor tennis match using a balloon for the ball and rackets made of paper plates and paint stir sticks.

You will need:

- 9" latex balloon
- Painter's tape to mark the middle of the court
- 2 white 9" paper plates
- Paint stir stick (12" to 14" long)
- Permanent or washable markers (a variety of colors, including black)
- Plate or bowl for tracing (5 1/2" to 7" diameter)
- Stapler
- Duct tape

Directions:

1. Stack two paper plates and staple them together in four places evenly spaced along the outside edge.
2. Place a bowl or plate in the center of a paper plate and trace around the edge with a black marker as shown in the left-hand photo below. (**Note:** If using a permanent marker, be careful not to mark on your bowl.)
3. Using a stir stick as a straight edge, draw vertical and horizontal lines in the center of the circle to make the "strings" of the racket as shown in the center photo above.
4. Using an assortment of colored markers, decorate the handle of the stick and the outer edge of the plate.
5. (Optional) Write your tennis name on the handle, such as "Slam Servin' Sam."
6. Turn the plate over and attach the stir stick to the back using a strip of duct tape as shown.



To

Play:

1. Blow up a balloon. **Tip:** Fill the balloon about half full. This will give you more control. The fuller the balloon, the more it will float. Less air will allow it to travel farther in the direction it is hit.

2. Use painter's tape to mark off the court lines and where the imaginary net would be.

3. Now enjoy a LOVE-ly game of tennis. Play one-on-one, in pairs, or as a group. Players can sit or stand along the baselines.

4. There are a couple of ways to play:

- Players (or teams) take turns serving the balloon. The goal is to keep the volley going as long as possible. When one player/team fails to hit the ball back over the "net," the other player/team gets a point.

- Score like a real tennis game.

- o Both players start at love (which is zero points). Then:

- ! After winning the first volley in a game, a player's score is 15 points.

- ! After winning two volleys in a game, the player's score is 30 points.

- ! After winning three volleys in a game, the player's score is 40 points.

- ! When a player or team wins four volleys in a game, they win the game.

- o The player must be two scores above the other player to win the game.

- o If players are tied with a score of 40, it is called "deuce." From deuce, the next player to win a point has the "advantage." If that same player wins the next point, they win the game. However, if one player gets advantage and then loses the next point, they must go back to deuce, and both players are fighting for advantage again.

Racket Variation:

Instead of making the tennis rackets, use fly swatters.

Blooming Fingerprints

Paint a spring garden with brightly colored fingerprint flowers.

You will need:

- Acrylic craft paints (green and various flower colors)
- 5" X 7" canvas board
- Paintbrushes
- Paper plate or plastic lid to use as a palette
- Paper towels or rags

Directions:

1. Add an assortment of paint to your palette to begin painting flower petals. Dip a finger into a color and press it onto the canvas board to create a single flower petal. Stamp five fingerprints to make five-petaled flowers as shown in the left-hand photo below. Wipe fingers with a damp towel before changing colors.



2. Try using different fingers to create flowers of varying shapes and sizes. Use a single thumbprint to create impressionistic tulips as shown in the right-hand photo above.
3. Use a paintbrush to add dots to the center of the flowers with petals.
4. Use expressive brushstrokes to create green and yellow stems and leaves as shown in our final example on the previous page.
5. Allow your painting to dry. Then sign it, put it in a frame, and hang.



May IQ

See how much you know about the fifth month on the calendar. Test your May IQ.

1. Which of the following does NOT occur in May?

- A. Mother's Day in U.S.
- B. Cinco de Mayo
- C. First jewel of the Triple Crown
- D. Canada Day

2. True or false? May Day is always celebrated on May 1st.

3. Which is a false statement about May?

- A. May was named for the Greek goddess Maia.
- B. May is six months from November.
- C. Sagittarius is one of the zodiac signs for May.
- D. May is one of the autumn months in the southern hemisphere.

4. What is the Latin word for May?

- A. *Mei*
- B. *Mai*
- C. *Maius*
- D. *Mayo*

5. The Indy 500 race takes place on the last weekend of May. The race cars drive 200 laps for a distance of 500 miles. What is the length of the racetrack?

- A. 20 miles
- B. 10 miles
- C. 2.5 miles
- D. 5 miles

6. Orson Welles and Henry Fonda were both born in May. Who was born first?

7. True or false? Diamond is the birthstone for May.

8. What dirigible exploded over Lakehurst, N.J., on May 6, 1937?

9. Which May event occurred first in history?

- A. A German U-boat sank the *Lusitania*.
- B. V-E Day (Victory in Europe Day) was celebrated in America and Great Britain.
- C. Lewis and Clark left St. Louis, Missouri, to explore the Northwest.
- D. Samuel F.B. Morse sent the first public telegraph message.

10. What is the name of the full moon in May?

- A. Flower moon
- B. Harvest moon
- C. Pink moon
- D. Strawberry moon

11. What is the birth flower for May?

- A. Lily of the valley
- B. Chrysanthemum
- C. Poinsettia
- D. Violet

12. Audrey Hepburn was born on May 4, 1929. What is the name of the character she played in *My Fair Lady*?

13. The Scripps National Spelling Bee takes place in May each year. The word *nunatak* was one of the winning words last year. What does *nunatak* mean?

- A. A territory in Canada
- B. A small tool used to fix eyeglasses
- C. An offensive football play
- D. A hill that has been encircled by a glacier

14. What blonde bombshell sang "Happy Birthday, Mr. President" to President John F. Kennedy on May 19, 1962?

5. National Nurses Day is held on May 12, the birthday of a famous nurse who was known as the "The Lady with the Lamp." What was her name?

Answers

1. (D) Canada Day. Canada Day falls on July 1st every year. Mother's Day is always the second Sunday in May. Cinco de Mayo occurs on May 5th. The first jewel of the Triple Crown is the Kentucky Derby, which occurs in May.
2. True. The springtime festival always occurs on May 1st.
3. (C) Sagittarius is one of the zodiac signs for May. The zodiac signs for May are Taurus and Gemini.
4. (C) *Maius*. *Mei* is Dutch. *Mai* is French or German. *Mayo* is Spanish.
5. (C) 2.5 miles. 200 multiplied by 2.5 equals 500.
6. Henry Fonda. Henry Fonda was born on May 16, 1905. Orson Welles was born on May 6, 1915.
7. False. Diamond is the birthstone for April. Emerald is the birthstone for May.
8. The *Hindenburg*. The dirigible was attempting to moor when it caught fire during a lightning storm.
9. (C) Lewis and Clark left St. Louis, Missouri, to explore the Northwest (1804). Samuel F.B. Morse sent the first public telegraph message in 1844. A German U-boat sank the *Lusitania* in 1915. V-E Day (Victory in Europe Day) was celebrated in America and Great Britain in 1945.
10. (A) Flower moon. It is so named because flowers grow in abundance in May.
11. (A) Lily of the valley. The May flower signifies sweetness, humility, and happiness.
12. Eliza Doolittle. *My Fair Lady* is the musical adaptation of George Bernard Shaw's play *Pygmalion*.
13. (D) A hill that has been encircled by a glacier.
14. Marilyn Monroe. She sang to him at a birthday celebration at Madison Square Garden in New York City.
15. Florence Nightingale. She was the founder of modern nursing. Nightingale earned the nickname from making rounds during the night to care for the wounded during the Crimean War.

Flower Bed

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Unscramble the remaining letters to complete the flower quote. Disregard spaces between words.

AMARYLLIS

ASTER

BABY'S BREATH

CARNATIONS

DAFFODIL

DAHLIA

LARKSPUR

LAVENDER

LILAC

LILY

LOTUS

MARIGOLD

MUMS

ORCHIDS

PANSY

PEONY

ROSE

THISTLES

TULIPS

YARROW

D	M	C	M	E	Y	A	L	B	D	O	Y
I	L	U	A	A	S	I	N	A	R	R	S
T	M	O	R	L	D	O	M	B	E	C	N
S	H	R	G	O	I	A	R	Y	D	H	A
O	O	I	F	I	R	L	N	S	N	I	P
W	D	F	S	Y	R	O	S	B	E	D	L
N	A	O	L	T	E	A	Y	R	V	S	O
D	M	L	C	P	L	A	M	E	A	Y	T
A	I	L	H	A	D	E	S	A	L	L	U
S	T	U	L	I	P	S	S	T	K	I	S
L	A	R	K	S	P	U	R	H	E	L	E
S	N	O	I	T	A	N	R	A	C	R	N

"I'd rather have roses on my table than

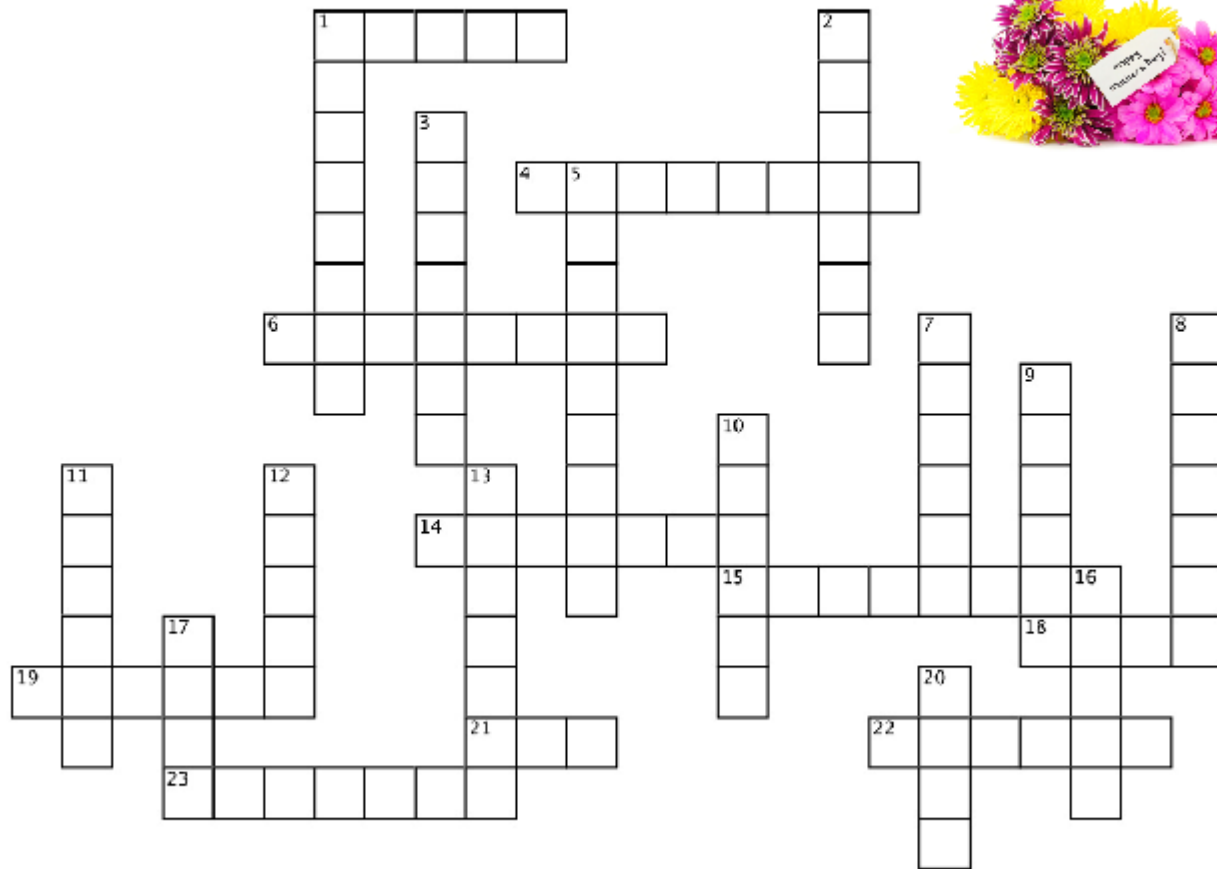
_____."

Emma Goldman



Home Is Where Your Mom Is

Use the clues to fill in the crossword.



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ACROSS

1. Mother's Day mail
4. It's known as the best medicine
6. Recollections
14. Dedicated
15. Mommy's girl
18. Babies in blue
19. Kinfolk
21. Spring month
22. Evening meal
23. Homage

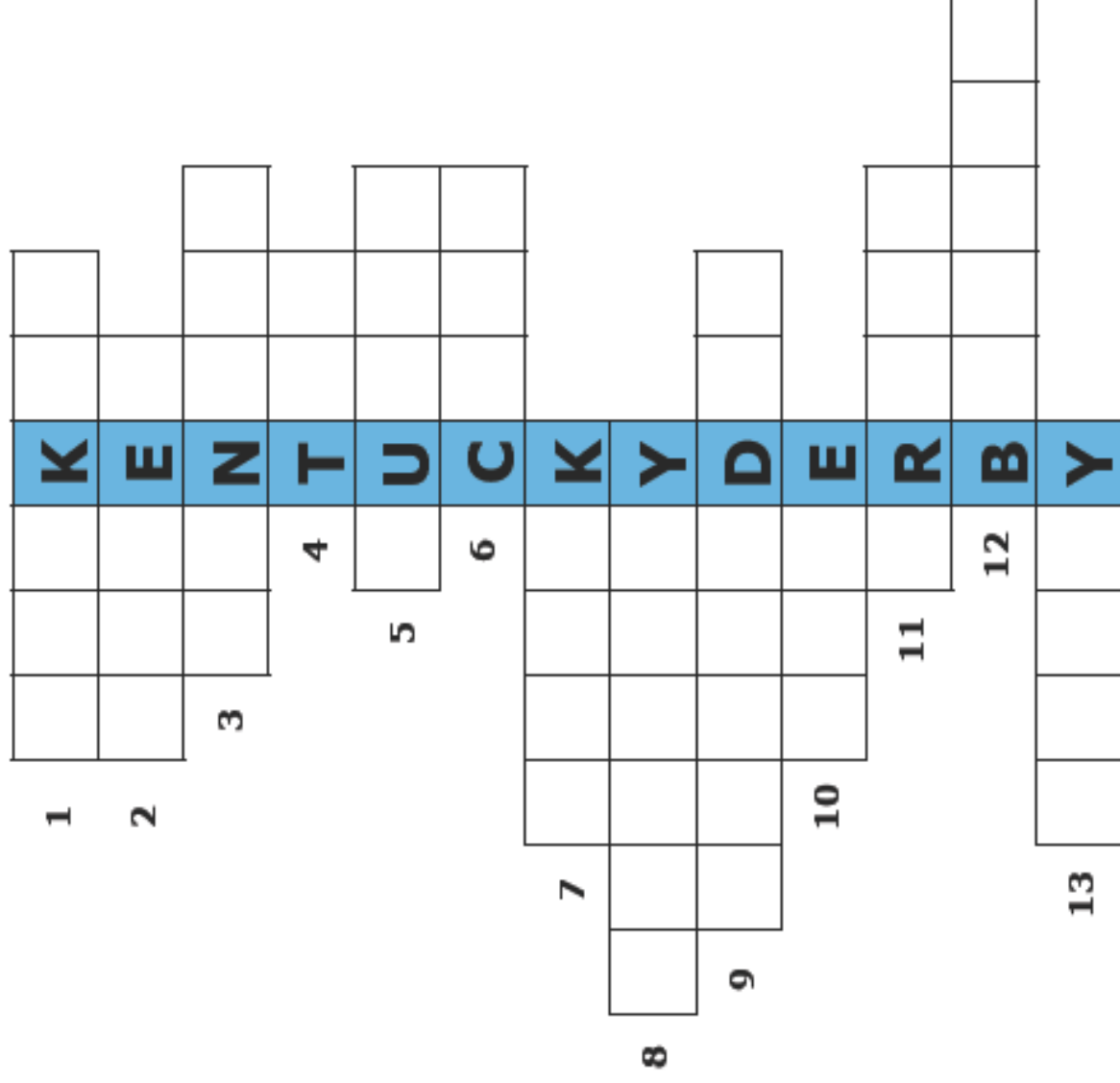
DOWN

1. Offspring
2. Bling
3. Teachings
5. Love
7. Combined meal
8. Mother's Day gift
9. Smooches
10. Hug
11. Half the weekend
12. Sweet snack
13. Fragrance
16. Thorny
17. Wrapped item
20. Smart

Spelling KENTUCKY DERBY

Use the clues to fill in the grid.

1. Rider
2. Bet
3. Victor
4. Inside information
5. Minty drink
6. Young stallion
7. Racecourse
8. Become eligible for race
9. Day of the Kentucky Derby
10. Track competition
11. Triple _____
12. Harness part
13. Young mare



Cathy's Corner ~ Older Americans Month-did you know that

of all the population in Maryland at least 18% are over 60, we are over one million seniors strong.

Well this month we celebrate you, your senior group and the Department of Aging has a lot of opportunities for you go get stronger either mentally or physically. There is an exercise group geared just for you everything from armchair Wii bowling, chair yoga to Zumba. Congratulations on reaching your age and stage of greatness!

Join in on the Walking Program in your area.



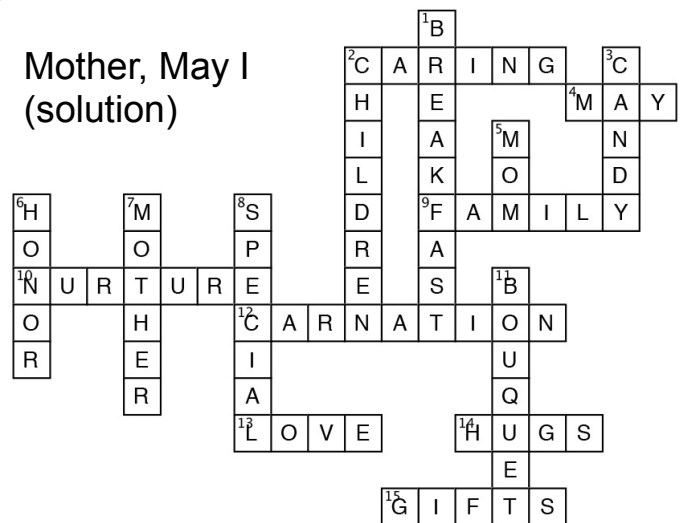
Flower Bed~Remaining letters:
MADINODSNOYMCKEN

Quote: "I'd rather have roses on my table than diamonds on my neck."
Emma Goldman

1. JOCKEY
2. WAGER
3. WINNER
4. TIP
5. JULEP
6. COLT
7. TRACK
8. QUALIFY
9. SATURDAY
10. RACE
11. CROWN
12. BRIDLE
13. FILLY



Mother, May I
(solution)



Home is....
(solution)

